

This group want to be active, but anxiety, feeling self-conscious and not feeling good enough stops them from taking part, but they do appreciate the broad range of benefits from sport and exercise.

### ACTIVITY OFFER EXAMPLES

#### Yoga Pilot

The Yoga Pilot gave young people the opportunity take part in a 6 week programme of yoga, mindfulness & emotional regulation techniques at a club local to them. Tools, top tips & coping strategies were also integrated into the sessions. Young people also receive their own yoga mat and resources to allow them to continue practising yoga in their own time at home.

#### Club 1

Club 1 provides an opportunity for young people to engage in a variety of individual activities, such as, exercise classes, gym sessions, jogging at a local leisure centre, and cycling. Club 1 encourages a social atmosphere through participation in informal group activities. Personalisation is an important aspect, with tailored programs and support offered to each individual. The setting and tracking of both personal and group goals are built in to the club's approach, accompanied by a system of rewards and incentives to encourage progress. Club 1 also utilises influential messengers who are relatable and trustworthy, known as peer promoters to encourage continued participation. Additionally, Club 1 plays a role in "unlocking" access to local leisure centres and community providers, thereby broadening the opportunities available to young people.

#### Us Girls Alive

Regular sessions to offer health and wellbeing opportunities alongside physical activity. For example, Zumba, keep-fit and Netball being delivered alongside other activities such as healthy cooking sessions, hair and beauty, educational activities. Sessions have an interactive feel which is based on participant's needs and interests, sessions are led by young female volunteers (Us Girls Motivators), these volunteers act as peer motivators for other young females.

#### Home Exercise

A home exercise offer could involve providing young people with information and resources which aim to equip them with the knowledge of how to exercise from their own home, Through providing exercise how to guides, instruction videos and tutorials as well as training plans.

An extended offer could also involve providing young people with their own equipment such as, dumbbells, yoga mats and resistance bands, allowing them to progress.

Introduction sessions at local gyms aimed to give young people the necessary knowledge and skills for how to access facilities as a means of encouraging young people to continue their progression longer term.

#### Totally Runnable

Totally Runnable provide participants with weekly run training plans and weekly online 'mindset' discussions covering different topics such as: motivation, nutrition and goal setting. Nine participants successfully completed the first course and seven are currently taking part in the second.

Ordinarily, sessions are delivered face-to-face in local parks and open spaces, but with this programme all sessions and support have been provided online - initially on Teams and WhatsApp.

#### Walking Groups

A walking group offer for young people could encompass :

Guided group walks - introducing young people to routes within their local community which they may not previously have known about.

Nutritional Guidance - education on the importance of nutrition and how this impacts on health and wellbeing in general, and also how this enhances their ability to take part in the walks.

Rewards and Recognition - Celebrate milestones and achievements. Earn badges or incentives for reaching specific walking goals and staying committed to a healthy lifestyle.

Community support - stay connected between sessions. Allowing young people to share their achievements, ask questions, and receive encouragement from fellow members and our project leaders.

#### WiS Big Sisters

The Big Sister Support Programme gave young people:

A three-month free gym membership which included unlimited gym and pool access, Big Sister specific group fitness classes and access to the Places Locker app. Free Big Sister clothing and period products are also available for participants.

Hey Girls supplied free period products in leisure centres and community partners. Information about periods and product options distributed along with the products.

The offer also included 'We Move' fitness classes, which were safe and judgment-free single-sex spaces led by trained instructors. Girls had the freedom to explore various activities, including dance, dodgeball, weight training, and football.

Content driven by the girls' preferences, allowing them to take ownership of the programme. Some classes were also recorded for accessibility on the Places Locker app and YouTube channel.

Introduction of meditation and mindfulness in some sessions to promote and prioritise mental health.

This group REALLY enjoy sport/getting active: for them, sport is sociable, fun, good for them and it gets their endorphins going!

Sport makes them feel great and they get a lot out of doing it.

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Key features of the StreetGames Doorstep Sport Offer may include:

**Localised Engagement:** Doorstep Sport is designed to take sports and physical activities directly to residential areas, utilising open spaces, streets, or community spaces as makeshift sports arenas.

**Low-Cost or No-Cost Entry:** Doorstep Sport prioritises affordability by offering low-cost or no-cost participation fees. This financial accessibility supports a diverse range of individuals, including those who might face economic barriers, to engage in sports and physical activities.

**Varied Sporting Activities:** The initiative provides a variety of sports and activities that cater to the interests and preferences of the whole group, the diverse offerings ensure that there's something for everyone to enjoy and take part in.

#### Doorstep Sport 'Classic'

**Inclusive and Informal Atmosphere:** Doorstep Sports emphasises inclusivity, creating a relaxed and informal atmosphere where individuals of varying ages and abilities feel comfortable participating and getting involved.

**Community Coaches:** Trained community coaches, familiar with the local area, lead the Doorstep Sport sessions. These coaches not only bring expertise in sports but also act as community connectors, building relationships and understanding the unique needs and interests of the participants.

**Flexible Scheduling:** Recognising the varied schedules of community members, the Doorstep Sport Initiative offers flexible scheduling for activities. This flexibility accommodates individuals with different commitments, making it easier for them to participate in sports and physical activities regularly.

**Youth Empowerment:** The initiative includes components focused on youth voice and empowerment, fostering leadership skills, and providing opportunities for young people to take on leadership roles within their community.

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A neighbourhood multi-Sport festival aims to bring together young people from underserved communities together to participate in a wide range of sports and activities. Multi-Sport Festivals are designed to:

Offer participants the opportunity to try out different sports, learn new skills and engage in friendly competition in a fun and exciting environment. In doing so, building their sporting capital.

#### Festivals

Depending on the host venue, these events can inspire young people and send a powerful message of inclusivity through the use of prestigious and significant sporting venues (e.g. StreetGames Festivals at the Millennium Stadium)

Bring together young people from different neighbourhoods and cultures, helping to build positive relationships and a sense of belonging.

Promote personal development and youth leadership opportunities for young people to take volunteer positions to support the running of events, including helping to set up equipment, lead sessions, take registers and assist in running activities.

The "Just Play" sessions are typically organised at local facilities such as community pitches, sports centres, or recreational spaces. These sessions are open to anyone, regardless of their level of experience or ability. Participants have the opportunity to engage in friendly and social football games without the commitment of joining a formal league or team.

Key features of the "Just Play" initiative may include:

**Inclusive Environment:** The sessions are designed to be welcoming and inclusive, catering to individuals who may not have played football regularly before.

#### FA - Just Play

**Casual and Social:** The emphasis is on the enjoyment of the game rather than intense competition. Participants can join in for the love of playing football in a relaxed and social atmosphere.

**No Commitment Required:** Unlike traditional football leagues, "Just Play" does not require a long-term commitment. Participants can drop in and play whenever they like.

**Various Formats:** Depending on the location and organisation, "Just Play" sessions may take different forms, including small-sided games, drills, or other football-related activities.

**Accessibility:** The programme is often designed to be accessible to people of different ages, genders, and abilities, promoting football as a sport for everyone.

Key features of 5-a-side Central Venue Leagues may include:

**Team Composition:** Teams consist of five players on the field at a time. This smaller team size compared to traditional 11-a-side football allows for fast-paced and dynamic gameplay.

**Central Venue:** Matches are held at a central location, often a dedicated 5-a-side football facility or sports complex. This centralisation makes scheduling and coordination more manageable.

#### 5-a-side - Central League

**League Structure:** Teams may participate in a league format, playing against each other over a specified period. The league structure may include a regular season followed by playoffs or knock-out stages.

**Recreational and Competitive:** This format caters to a range of skill levels, making them suitable for both recreational players and those looking for a more competitive experience. Leagues may be organized for different age groups and skill divisions.

**Fast and Fun:** The smaller team size and compact pitch in 5-a-side football contribute to a quicker and more entertaining style of play. Matches are often fast-paced, encouraging skillful play and close interaction among players.

Key features of Midnight Basketball programmes may include:

**Late-Night Basketball Leagues:** Organising basketball leagues or tournaments that operate during late-night hours, attracting participants who may not have access to regular sports activities during traditional hours.

#### Midnight Basketball

**Community Engagement:** In addition to basketball games, these programmes often include elements of community engagement, mentorship, and workshops aimed at addressing broader issues affecting young people, such as education, employment, and personal development.

**Positive Role Models:** Midnight Basketball programmes may involve the participation of positive role models, mentors, and community leaders who engage with the participants, offering guidance and support.

**Team Building and Skill Development:** Beyond the basketball games, the programs focus on fostering teamwork, leadership skills, and personal development through sports.

This group aren't convinced sport/ exercise is for them. They see sport as boring and get their enjoyment from other things. The only reason they can see for taking part is to be sociable & have fun / have a laugh

## ACTIVITY OFFER EXAMPLES

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### Exercise to music classes

An exercise to music offer for young people could encompass :

**Dynamic Routines:** Participants engage in choreographed fitness routines set to lively music beats. The dynamic nature of these classes ensures a full-body workout that combines cardiovascular exercises, strength training, and flexibility movements.

**Music-Powered Motivation:** The rhythm and tempo of the music serve as a motivating force, encouraging participants to synchronize their movements with the beats. This fusion of music and exercise creates an uplifting atmosphere, enhancing the overall enjoyment of the workout.

**Inclusive Atmosphere:** Exercise to Music Classes often cater to a diverse range of fitness levels and backgrounds. Whether a beginner or an experienced dancer, the classes are designed to be inclusive, fostering a sense of community among participants.

**Professional Instruction:** Certified fitness instructors lead the classes, providing expert guidance on both the exercise routines and dance elements. This ensures that participants receive proper form cues and maximise the effectiveness of their workouts.

**Variety of Music Genres:** Classes may incorporate a variety of music genres, allowing participants to choose music that resonate with their personal preferences, also adding an element of ownership to the classes.

**Social Aspect:** These classes provide a social setting where participants can connect with others who share a passion for movement and music. The collective energy in the class fosters a positive and supportive environment, enhancing the overall experience.

### Dance

A Dance class can offer a dynamic approach to introducing dance to young people, bringing individuals together to explore movement, creativity, exercise and self-expression. A dance offer could encompass :

**Diverse Dance Styles:** A schedule of diverse dance styles, from contemporary and hip-hop to traditional and cultural dances. A dance offer can cater to a wide range of interests, ensuring a vibrant and inclusive dance experience.

**Professional Instruction:** Sessions can be led by experienced dance instructors, providing expert guidance on technique, choreography, and artistic expression. Participants receive personalised feedback and support to enhance their skills.

**Open to All Levels:** Whether a novice or an experienced dancer, the offer can cater to participants of all skill levels. Classes can be tailored to accommodate beginners, intermediate dancers, and those looking to refine their techniques.

**Inclusive Dance Community:** dance workshop series to be built on inclusivity, encouraging a supportive and diverse dance community. Participants not only develop their dance skills but also form connections with like-minded individuals.

### Walking Groups

A walking group offer for young people could encompass :

**Guided group walks** - introducing young people to routes within their local community which they may not previously have known about.

**Nutritional Guidance** - education on the importance of nutrition and how this impacts on health and wellbeing in general, and also how this enhances their ability to take part in the walks.

**Rewards and Recognition** - Celebrate milestones and achievements. Earn badges or incentives for reaching specific walking goals and staying committed to a healthy lifestyle.

**Community support** - stay connected between sessions. Allowing young people to share their achievements, ask questions, and receive encouragement from fellow members and our project leaders.

For this group sport provides a chance to have a laugh with friends, release stress and relieve boredom. They don't take life too seriously.

Sometimes this group can't be bothered or don't have the time, energy or company which means they can be less active than other sporty groups.

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**Inclusive and Informal Atmosphere:** Doorstep Sports emphasises inclusivity, creating a relaxed and informal atmosphere where individuals of varying ages and abilities feel comfortable participating and getting involved.

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**Flexible Scheduling:** Recognising the varied schedules of community members, the Doorstep Sport Initiative offers flexible scheduling for activities. This flexibility accommodates individuals with different commitments, making it easier for them to participate in sports and physical activities regularly.

**Youth Empowerment:** The initiative includes components focused on youth voice and empowerment, fostering leadership skills, and providing opportunities for young people to take on leadership roles within their community.

**VIVA / Inspiration -** It is important to offer a varied and responsive programme to ensure sessions provide what young people want. An attractive offer includes opportunities to take part in a range of sports/activities together with wider opportunities that illuminate regular sessions - such as group socials, trips, residential, Integrating music, food and lifestyle is also important to attract young people and keep them coming back.

Links to major sporting events is an important aspect of Doorstep Sport. The #Inspiration campaign is designed to ensure that young people in underserved communities benefit from the legacy of large sporting events taking place in the UK. Through #Inspiration clubs can provide opportunities for young people to; Improve their skills, go to new places and broaden their horizons. Connect with others and build a sense of belonging. Volunteer, take responsibility, be challenged, receive training, be mentored and gain new qualifications.

### Doorstep Sport Classic / VIVA / Inspiration

### Club 1

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Bring together young people from different neighbourhoods and cultures, helping to build positive relationships and a sense of belonging.

Promote personal development and youth leadership opportunities for young people to take volunteer positions to support the running of events, including helping to set up equipment, lead sessions, take registers and assist in running activities.

### Festivals

The "Just Play" sessions are typically organised at local facilities such as community pitches, sports centres, or recreational spaces. These sessions are open to anyone, regardless of their level of experience or ability. Participants have the opportunity to engage in friendly and social football games without the commitment of joining a formal league or team.

Key features of the "Just Play" initiative may include:

**Inclusive Environment:** The sessions are designed to be welcoming and inclusive, catering to individuals who may not have played football regularly before.

**Casual and Social:** The emphasis is on the enjoyment of the game rather than intense competition. Participants can join in for the love of playing football in a relaxed and social atmosphere.

**No Commitment Required:** Unlike traditional football leagues, "Just Play" does not require a long-term commitment. Participants can drop in and play whenever they like.

**Various Formats:** Depending on the location and organisation, "Just Play" sessions may take different forms, including small-sided games, drills, or other football-related activities.

**Accessibility:** The programme is often designed to be accessible to people of different ages, genders, and abilities, promoting football as a sport for everyone.

### FA - Just Play

Key features of the Smash Up Badminton Offer include:

**Accessible Venues:** Smash Up Badminton makes use of accessible and local venues, such as community centres, school gyms, or outdoor spaces, to ensure that individuals can easily access the facilities without extensive travel.

**Inclusive Atmosphere:** The programme fosters an inclusive and welcoming environment where individuals of all ages, backgrounds, and skill levels can come together to enjoy the sport of badminton. Whether participants are beginners or experienced players, the focus is on creating a space where everyone feels comfortable joining in.

**Casual and Social Play:** Smash Up Badminton embraces a casual and social play format, encouraging participants to engage in friendly matches and spontaneous games. This approach aims to break the traditional competitive mould, emphasising enjoyment and camaraderie over strict competition.

**Skill Development Sessions:** Trained badminton coaches or facilitators may conduct skill development sessions within the programme. These sessions focus on improving participants' badminton skills, including techniques, footwork, and game strategies, fostering continuous improvement and confidence on the court.

**Equipment Accessibility:** To eliminate barriers, Smash Up Badminton ensures the availability of badminton equipment on-site. Participants can easily access rackets and shuttlecocks, minimising the need for personal equipment and making it convenient for newcomers to try the sport.

**Flexible Participation:** The program offers flexibility in terms of participation, allowing individuals to drop in for a casual game or commit to more structured training sessions based on their preferences and availability.

### SmashUp Badminton

The SERVES Social Change Programme is delivered during weekly sessions over a 12 month period with natural term breaks for school/college holidays and Ramadan. The weekly sessions include: Tennis games, Youth work games, Tennis matches/challenges, Discussion points of key messages, Self-reflection/goal setting opportunities, Group and one to one mentoring from SERVES Tennis Activators.

Throughout the 12 month period SERVES community coaches deliver a series of learning modules which are components of the wider social impact outcome such as health. The learning modules are themed around tennis analogies to provide engaging informal learning for young people and simple coaching techniques for community coaches at SERVES sites.

### SERVES

Key features of 5-a-side Central Venue Leagues may include:

**Team Composition:** Teams consist of five players on the field at a time. This smaller team size compared to traditional 11-a-side football allows for fast-paced and dynamic gameplay.

**Central Venue:** Matches are held at a central location, often a dedicated 5-a-side football facility or sports complex. This centralisation makes scheduling and coordination more manageable.

**League Structure:** Teams may participate in a league format, playing against each other over a specified period. The league structure may include a regular season followed by playoffs or knockout stages.

**Recreational and Competitive:** This format caters to a range of skill levels, making them suitable for both recreational players and those looking for a more competitive experience. Leagues may be organized for different age groups and skill divisions.

**Fast and Fun:** The smaller team size and compact pitch in 5-a-side football contribute to a quicker and more entertaining style of play. Matches are often fast-paced, encouraging skillful play and close interaction among players.

### 5-a-side - Central League

This group are confident when it comes to sport but sport is about more than just enjoyment for them. They put pressure on themselves to achieve goals and improve performance so they can get frustrated.

This group may have experienced discrimination which can affect how they feel about sport

## ACTIVITY OFFER EXAMPLES

Key features of an Accessible Sports Club may include:

**Low-Cost Entry:** The club offers a budget-friendly membership or participation fee, ensuring that financial constraints do not hinder young people from accessing the benefits of sports and physical activities. This commitment to affordability opens doors for a wider range of participants.

**Diverse Sporting Opportunities:** The club provides a variety of sports and recreational activities, allowing young people to explore and discover their interests. From traditional team sports to individual pursuits, the diverse offerings of a club environment can cater to a spectrum of preferences and skill levels.

**Community Engagement:** The club can foster a sense of community among young participants by promoting teamwork, camaraderie, and mutual support. Regular events, tournaments, and social gatherings create opportunities for friendships to flourish in this environment.

**Youth Development Programmes:** The club can go beyond sports by incorporating youth development programmes that focus on life skills, leadership, and personal growth for those that are ready to progress. These programmes empower young people to develop skills, resilience, and a sense of responsibility and achievement.

**Qualified Coaching:** The club can invest in qualified and inclusive coaches who are trained to create a positive and supportive learning environment. These coaches are equipped to adapt their teaching methods to meet the needs of diverse participants, allowing them to progress.

**Flexible Scheduling:** To accommodate the varied schedules of young people, the club provides flexible training and activity schedules. With sessions running at times that work best for the young people participating.

### Accessible Club Sports

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### 5-a-side - Central League

Key features of Chance to Shine Street Cricket include:

**Urban Setting:** The programme is designed to be played in urban and street settings, making use of available spaces such as streets, parks, or open areas within communities.

**Inclusivity:** Street Cricket aims to be inclusive, providing opportunities for individuals from diverse backgrounds and skill levels to participate in the sport.

**Adaptability:** The format of the game may be adapted to suit the available space and resources, ensuring flexibility in its implementation.

**Informal and Social:** Street Cricket often emphasizes the informal and social aspects of the game, creating an environment where participants can enjoy cricket in a relaxed and friendly atmosphere.

**Community Engagement:** The initiative may involve community events, coaching sessions, and tournaments, fostering a sense of community engagement and encouraging people to come together through the sport.

**Equipment Accessibility:** To facilitate the program, efforts may be made to provide necessary equipment, such as lightweight and portable cricket gear, making it easier to set up and play in different locations.

### Street Cricket

This group need that sense of release that sport brings to bring them calm and peace of mind. They associate getting active with letting off steam/releasing stress and escaping worries. Sometimes it can be difficult for this group to keep up with a sport as their mental health, lack of time and cost can get in the way

## ACTIVITY OFFER EXAMPLES

### Yoga Pilot

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### Exercise to music classes

An exercise to music offer for young people could encompass :

**Dynamic Routines:** Participants engage in choreographed fitness routines set to lively music beats. The dynamic nature of these classes ensures a full-body workout that combines cardiovascular exercises, strength training, and flexibility movements.

**Music-Powered Motivation:** The rhythm and tempo of the music serve as a motivating force, encouraging participants to synchronize their movements with the beats. This fusion of music and exercise creates an uplifting atmosphere, enhancing the overall enjoyment of the workout.

**Inclusive Atmosphere:** Exercise to Music Classes often cater to a diverse range of fitness levels and backgrounds. Whether a beginner or an experienced dancer, the classes are designed to be inclusive, fostering a sense of community among participants.

**Professional Instruction:** Certified fitness instructors lead the classes, providing expert guidance on both the exercise routines and dance elements. This ensures that participants receive proper form cues and maximise the effectiveness of their workouts.

**Variety of Music Genres:** Classes may incorporate a variety of music genres, allowing participants to choose music that resonate with their personal preferences, also adding an element of ownership to the classes.

**Social Aspect:** These classes provide a social setting where participants can connect with others who share a passion for movement and music. The collective energy in the class fosters a positive and supportive environment, enhancing the overall experience.

### Dance

A Dance class can offer a dynamic approach to introducing dance to young people, bringing individuals together to explore movement, creativity, exercise and self-expression. A dance offer could encompass :

**Diverse Dance Styles:** A schedule of diverse dance styles, from contemporary and hip-hop to traditional and cultural dances. A dance offer can cater to a wide range of interests, ensuring a vibrant and inclusive dance experience.

**Professional Instruction:** Sessions can be led by experienced dance instructors, providing expert guidance on technique, choreography, and artistic expression. Participants receive personalised feedback and support to enhance their skills.

**Open to All Levels:** Whether a novice or an experienced dancer, the offer can cater to participants of all skill levels. Classes can be tailored to accommodate beginners, intermediate dancers, and those looking to refine their techniques.

**Inclusive Dance Community:** dance workshop series to be built on inclusivity, encouraging a supportive and diverse dance community. Participants not only develop their dance skills but also form connections with like-minded individuals.

### Walking Groups

A walking group offer for young people could encompass :

**Guided group walks** - introducing young people to routes within their local community which they may not previously have known about.

**Nutritional Guidance** - education on the importance of nutrition and how this impacts on health and wellbeing in general, and also how this enhances their ability to take part in the walks.

**Rewards and Recognition** - Celebrate milestones and achievements. Earn badges or incentives for reaching specific walking goals and staying committed to a healthy lifestyle.

**Community support** - stay connected between sessions. Allowing young people to share their achievements, ask questions, and receive encouragement from fellow members and our project leaders.

This group do sport and exercise to look good and feel good about themselves.

It gives them energy but they need to prioritise other things like their education right now, which means they struggle to have the time to do sport/exercise and can also struggle with being able to afford it

## ACTIVITY OFFER EXAMPLES

### Yoga Pilot

The Yoga Pilot gave young people the opportunity take part in a 6 week programme of yoga, mindfulness & emotional regulation techniques at a club local to them. Tools, top tips & coping strategies were also integrated into the sessions. Young people also receive their own yoga mat and resources to allow them to continue practising yoga in their own time at home.

### Club 1

Club 1 provides an opportunity for young people to engage in a variety of individual activities, such as, exercise classes, gym sessions, jogging at a local leisure centre, and cycling. Club 1 encourages a social atmosphere through participation in informal group activities. Personalisation is an important aspect, with tailored programs and support offered to each individual. The setting and tracking of both personal and group goals are built in to the club's approach, accompanied by a system of rewards and incentives to encourage progress. Club 1 also utilises influential messengers who are relatable and trustworthy, known as peer promoters to encourage continued participation. Additionally, Club 1 plays a role in "unlocking" access to local leisure centres and community providers, thereby broadening the opportunities available to young people.

### Us Girls Alive

Regular sessions to offer health and wellbeing opportunities alongside physical activity. For example, Zumba, keep-fit and Netball being delivered alongside other activities such as healthy cooking sessions, hair and beauty, educational activities. Sessions have an interactive feel which is based on participant's needs and interests, sessions are led by young female volunteers (Us Girls Motivators), these volunteers act as peer motivators for other young females.

An exercise to music offer for young people could encompass :

**Dynamic Routines:** Participants engage in choreographed fitness routines set to lively music beats. The dynamic nature of these classes ensures a full-body workout that combines cardiovascular exercises, strength training, and flexibility movements.

**Music-Powered Motivation:** The rhythm and tempo of the music serve as a motivating force, encouraging participants to synchronize their movements with the beats. This fusion of music and exercise creates an uplifting atmosphere, enhancing the overall enjoyment of the workout.

### Exercise to music classes

**Inclusive Atmosphere:** Exercise to Music Classes often cater to a diverse range of fitness levels and backgrounds. Whether a beginner or an experienced dancer, the classes are designed to be inclusive, fostering a sense of community among participants.

**Professional Instruction:** Certified fitness instructors lead the classes, providing expert guidance on both the exercise routines and dance elements. This ensures that participants receive proper form cues and maximise the effectiveness of their workouts.

**Variety of Music Genres:** Classes may incorporate a variety of music genres, allowing participants to choose music that resonate with their personal preferences, also adding an element of ownership to the classes.

**Social Aspect:** These classes provide a social setting where participants can connect with others who share a passion for movement and music. The collective energy in the class fosters a positive and supportive environment, enhancing the overall experience.

A Dance class can offer a dynamic approach to introducing dance to young people, bringing individuals together to explore movement, creativity, exercise and self-expression. A dance offer could encompass :

**Diverse Dance Styles:** A schedule of diverse dance styles, from contemporary and hip-hop to traditional and cultural dances. A dance offer can cater to a wide range of interests, ensuring a vibrant and inclusive dance experience.

### Dance

**Professional Instruction:** Sessions can be led by experienced dance instructors, providing expert guidance on technique, choreography, and artistic expression. Participants receive personalised feedback and support to enhance their skills.

**Open to All Levels:** Whether a novice or an experienced dancer, the offer can cater to participants of all skill levels. Classes can be tailored to accommodate beginners, intermediate dancers, and those looking to refine their techniques.

**Inclusive Dance Community:** dance workshop series to be built on inclusivity, encouraging a supportive and diverse dance community. Participants not only develop their dance skills but also form connections with like-minded individuals.

The structure of the Couch to 5K programme typically involves a combination of walking and running intervals. Participants start with more walking than running and gradually shift the balance as the programme progresses. This gradual approach helps prevent injuries and allows the body to adapt to the demands of running.

### Couch to 5K / Park Run

Couch to 5K programs often include a set schedule, outlining the specific running and walking intervals for each session. Many mobile apps, podcasts, and websites offer guided Couch to 5K programmes, providing audio cues to signal when to walk or run and offering encouragement along the way.

This programme is a popular choice for individuals looking to start a running routine, improve cardiovascular fitness, and achieve the goal of running a 5K race. It emphasizes a gradual and achievable progression, making it accessible for people of various fitness levels and ages.

Key features of a Home Exercise Video Program may include:

**Virtual Workouts:** Participants can engage in guided workout sessions led by experienced fitness instructors through pre-recorded or live-streamed videos. These virtual workouts provide the flexibility to exercise at any time, fitting seamlessly into busy schedules.

**Diverse Workouts:** Programmes can offer a variety of workouts targeting different fitness levels, preferences, and goals. Whether a beginner or an experienced fitness enthusiast, there are exercises tailored to meet specific needs.

**Customizable Intensity:** Participants have the flexibility to choose workouts based on their fitness level and goals. The programme may include options for high-intensity interval training (HIIT), strength training, yoga, or cardio, ensuring a well-rounded and personalised fitness experience.

### Home Video Workouts

**Expert Guidance:** Experienced fitness instructors can guide participants through each session, providing proper form cues and motivation. This expert guidance helps ensure that individuals perform exercises correctly, reducing the risk of injury and maximising the effectiveness of their workouts.

**Progress Tracking:** Programmes may incorporate tools for progress tracking, allowing participants to monitor their fitness journey. This feature helps individuals stay motivated and set achievable fitness goals.

**Accessible Anytime, Anywhere:** With the convenience of on-demand videos, individuals can access their workouts anytime, anywhere, using various devices such as smartphones, tablets, or smart TVs. This accessibility encourages consistency in maintaining a regular exercise routine.

**Health and Wellness:** In addition to physical fitness, a Home Exercise Video Programme may also include elements of mental well-being, such as mindfulness exercises or guided relaxation. This holistic approach promotes a healthier and more balanced lifestyle.